



www.brainrules.net

the 12 brain rules



exercise

Rule #1: Exercise boosts brain power.



survival

Rule #2: The human brain evolved, too.



wiring

Rule #3: Every brain is wired differently.



attention

Rule #4: We don't pay attention to boring things.



short-term memory

Rule #5: Repeat to remember.



long-term memory

Rule #6: Remember to repeat.



sleep

Rule #7: Sleep well, think well.



stress

Rule #8: Stressed brains don't learn the same way.



sensory integration

Rule #9: Stimulate more of the senses.



vision

Rule #10: Vision trumps all other senses.



gender

Rule #11: Male and female brains are different.



exploration

Rule #12: We are powerful and natural explorers.